

Instruction aid before working abroad under special climatic or health conditions (according to DGUV Information 240 -350)

Medizinische Dienste

Vaccinations

Before your trip, check whether all vaccinations that are recommended in Germany are still up to date, e.g. tetanus, and if booster vaccinations are due, have them carried out at your GP practice as soon as possible.

For business trips and excursions to regions with particular climatic and health risks, register for the mandatory occupational health check-up (“G35”, [link to registration form at the end of this instruction](#)) at least 6 weeks before the start of the trip. Travel-specific vaccination recommendations are given as part of this check-up.

In exceptional cases where travel plans can only be made at short notice, a consultation may also be useful shortly before the trip (e.g. regarding hepatitis A vaccination)



Malaria prophylaxis

The need for malaria prophylaxis will also be discussed before the trip.

With regard to medicinal measures, a distinction is made:

- **Stand-by therapy:** is an emergency therapy if malaria symptoms occur during the trip and malaria diagnostics cannot be carried out within the next 24-48 hours.
- **Chemoprophylaxis:** is a continuous medication meaning taking tablets before entering a malaria area, during your stay there and for a certain time after leaving the malaria area.

Whether and which chemoprophylaxis is recommended will be clarified by a doctor on an individual basis.

Protection against mosquitoes and other insects

In addition to mosquitoes, other insects (e.g. ticks or bugs) can also transmit diseases.

In malaria regions, nocturnal mosquitoes are particularly relevant. Protective measures should be timed accordingly.

In dengue areas, diurnal mosquitoes are particularly relevant, -> i.e. depending on the travel area, protective measures should be taken around the clock.



Protection against mosquitoes and other insects

Repellents - protective agents against insect bites:

The active ingredient and the concentration of the active ingredient in repellents are relevant for the effect against various insect species. Chemical-based repellents include DEET and Icaridin. In addition to the concentration, the choice of product (spray, gel or lotion) and the intensity of sweating are also decisive for how often the repellent needs to be applied.

When outdoors, wear body-covering, light-colored clothing (long sleeves, long pants). Protection against insects can be further improved by impregnating clothing with a repellent.

Mosquito net:

In malaria regions, a mosquito net should be used, which offers improved protection if it is impregnated (mesh size maximum 1.2 x 1.2 mm).

Drinking water and food hygiene:

Tap water may be contaminated with germs or chemical substances depending on the country you are travelling to: therefore do not use as drinking water

- Disinfect drinking water by boiling: boil for at least 1 minute
- Only use ice cubes made from boiled water or not at all
- Make sure the seal is intact on ready-to-drink beverages
- Food: 'Cook it, boil it, peel it or leave it'
- Peel fruit and vegetables immediately before eating or wash them with safe water
- Avoid uncooked or long-stored cold food, especially eggs, fish, dairy products, meat,
- no open ice cream of unknown origin!
- Washing your hands regularly, especially before eating, can significantly reduce the risk of infection
- Only use boiled water or water from intact bottles to brush your teeth too



Sun protection

Protection from intense sunlight is not only important to prevent sunburn and late effects such as skin cancer, but also to avoid sunstroke and heatstroke.

In regions with water, bear in mind that the intensity of the sun's rays is increased by the reflection of the water surface.

Prevent heat damage:

- Adapt physical activity to the time of day and outside temperature
- Seek shade
- Ensure sufficient fluid and electrolyte intake
- Avoid alcohol - especially during the day

Eye protection:

Use glasses with UV-A and UV-B protection

Sun protection

Skin protection:

- Wear light-coloured clothing that is as tightly woven as possible and covers most of the skin, and a wide-brimmed sun hat
- Apply sunscreen to uncovered areas of skin. The sun protection factor should be adapted to the skin type.
- **Important:** when using repellents at the same time, apply the sunscreen first and only apply the repellent after 30-60 minutes! Depending on the combination, the sun protection factor can be significantly reduced in conjunction with repellents.
- Tip: The SunSmart Global UV app shows you on your smartphone at all times when additional UV protection is required. The app is free and available in German.



Thrombosis prophylaxis

On long-distance flights, make sure you move, exercise in your seat and drink enough fluids (at least 100 to 150 ml/hour), avoid alcoholic drinks, wear comfortable, non-restrictive clothing.

Compression stockings are recommended for prolonged periods of sitting:

- People > 40 years of age,
- People with obesity
- Taking contraceptives, pregnancy
- Lower limb injury < 6 weeks before travelling.

Thrombosis prophylaxis with medication in addition to compression stockings for

- History of thrombosis or family history of thrombosis
- major surgery before travelling

Travel sickness

Travel sickness is triggered by movement stimuli that affect the sense of balance. This can happen when travelling by boat, plane, train, bus or car. Children in particular often suffer from travel sickness.

Medication for travel sickness is available in the form of tablets, chewing gum or plasters



Altitude sickness

From an altitude of 2,500 metres, symptoms can occur, which vary from person to person and can be very unspecific.

People of all ages can be affected, regardless of their level of training

Prevention of altitude sickness:

Gradual acclimatisation: A slow ascent at a moderate travel speed (better by car/bus/train than by plane) allows the body to adapt physiologically.

Individual medical advice should be sought in advance regarding altitude prophylaxis.



Travel health insurance:

All travellers should find out about recommended insurance cover before starting their trip



General information on taking medication

When taking prescription medication, a medically signed, multilingual medication plan should be carried, stating the dosage and number of medications.

Check the country-specific import regulations for taking medication with you. Depending on the country you are travelling to, you may need to carry the instruction leaflet (see country-specific information from the Federal Foreign Office).

Take medication that must be taken regularly in your hand luggage.

In the event of a time zone change, discuss in advance how to adjust the timing of taking hormones, insulin and other medications.

Carry a vaccination certificate and any allergy/emergency passports, digital copies of important documents if necessary.

If possible, only purchase medication in the country of travel with a doctor's prescription and at official dispensaries, avoid buying individual tablets, unlabelled tablets or medication without outer packaging.

Acute illnesses while travelling

If you have been in a malaria area for several days and have symptoms that could be consistent with malaria, e.g. fever: Seek medical advice immediately, contact the [KIT Helpline](#) if necessary

If medical advice or other assistance is required: contact the [KIT Helpline](#) immediately

Be careful when buying medicines locally: The risk of counterfeit medicines varies. If a purchase cannot be avoided: Check the expiry date and packaging: was it securely sealed?

Acute illnesses while travelling

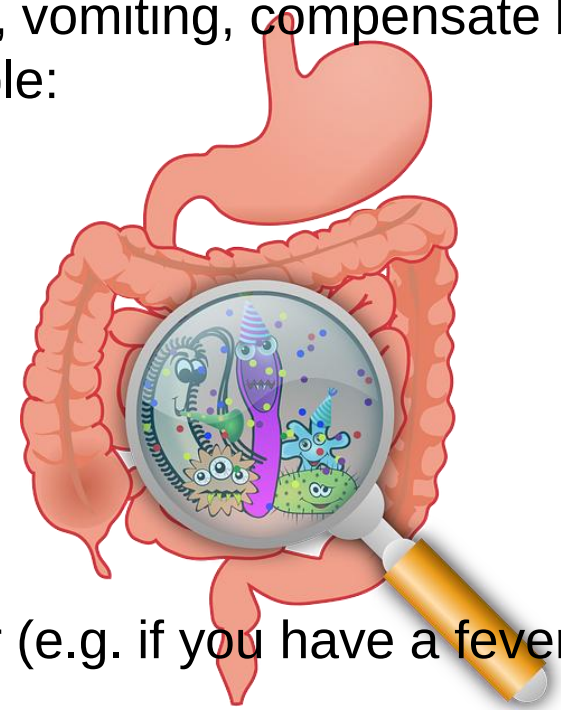
In the event of severe electrolyte/fluid loss, e.g. due to fever, diarrhoea, vomiting, compensate by drinking plenty of fluids. If no ready-made electrolyte solution is available:

- 4 teaspoons of sugar
- $\frac{3}{4}$ teaspoon salt
- 1 cup of orange juice or alternatively eat 2 bananas with it
- 1 litre of mineral water or industrially processed water

If you have a fever: drink an additional litre of fluid per degree of fever (e.g. if you have a fever of 39 degrees, drink two litres more fluid)

The amount of fluid required can be estimated based on the colour of the urine:

-light yellow: sufficient -amber coloured/darker: add more fluid



First Aid Kit – Basic Equipment

Explanation

Fever thermometer	It is always recommended to take it with you to tropical and subtropical regions
Plaster	- In one piece, for self-cutting - Low-allergenic, water-repellent - Blister plasters
Disinfection	Mucous membrane disinfectant, generally also suitable as skin and hand disinfectant
Dressing material	Wound dressing, bandage with safety pin
Tweezers	With pointed ends, so that it can be used multifunctionally, e.g. removal of ticks, splinters
Scissors	Not to be transported in the hand luggage
Single use gloves	For your own safety, to be controlled before each journey as heat corrodes plastic
Vomit bag	Plastic/paper bag
Condoms	Protection, to be controlled before each journey as heat corrodes plastic
Sunscreen	High protection factor
Mosquito repellent	Prevention against mosquitoes and other insects



Allergic reaction

If you have already had an allergic reaction, you should take anti-allergic therapy with you.

First-aid kit - additional medication

Explanation

Antipyretic and analgesic medication	No aspirin-containing and/or non-steroidal anti-inflammatory drugs such as ibuprofen in dengue areas
Fluid replacement for persistent vomiting	Drinking of (safely) clean water or tea If symptoms are severe or persist it is recommended to drink oral rehydration solution (preparing oral rehydration solution (ORS), Epidemic Control toolkit
Medication against nausea	f.e. Dimenhydrinat
Medication against heavy diarrhoea	Restrained short-term use of medication against diarrhoea (f.e. loperamide as capsule or melting dragee) use only in accordance with the instructions for use, f.e. no use when having bloody diarrhoea

KIT - Helpline (travel medical assistance)

https://www.kiss.kit.edu/downloads/0630_KIT_Helpline_eng.pdf

How do I get the SOS Call App on my mobile phone?

- 1. Please send an e-mail from your kit.edu address to operations@medconteam.com and hand over your mobile phone number.**
- 2. You will receive an installation help and your personal app will be activated.**

KIT-Helpline
24-h-Notrufnummer

+49 (0) 7121 4 33 66 0



Notfall- und Serviceleistungen

- Medizinische Betreuung weltweit
- Globales Security-Netzwerk
- Evakuierung im Krisen- und Katastrophenfall
- Reiseassistenz im Notfall
- SOS Call APP (Siehe www.sos-call.eu)

www.medconteam.com

Useful links

Meldeformular A für G 35

https://www.kiss.kit.edu/downloads/0160_Formular_Meldung_arbeitsmed_Vorsorge_TeilA.pdf

Medizinische Dienste am KIT

<https://www.med.kit.edu/>

Auswärtiges Amt

<https://www.auswaertiges-amt.de/de/ReiseUndSicherheit/reise-und-sicherheitshinweise>

Robert-Koch-Institut

https://www.rki.de/DE/Content/Infekt/EpidBull/Merkblaetter/merkblaetter_node.html

Gefährdungsbeurteilung Ausland

https://www.kiss.kit.edu/downloads/0569_Gefaehrdungsbeurteilung_Ausland.docx

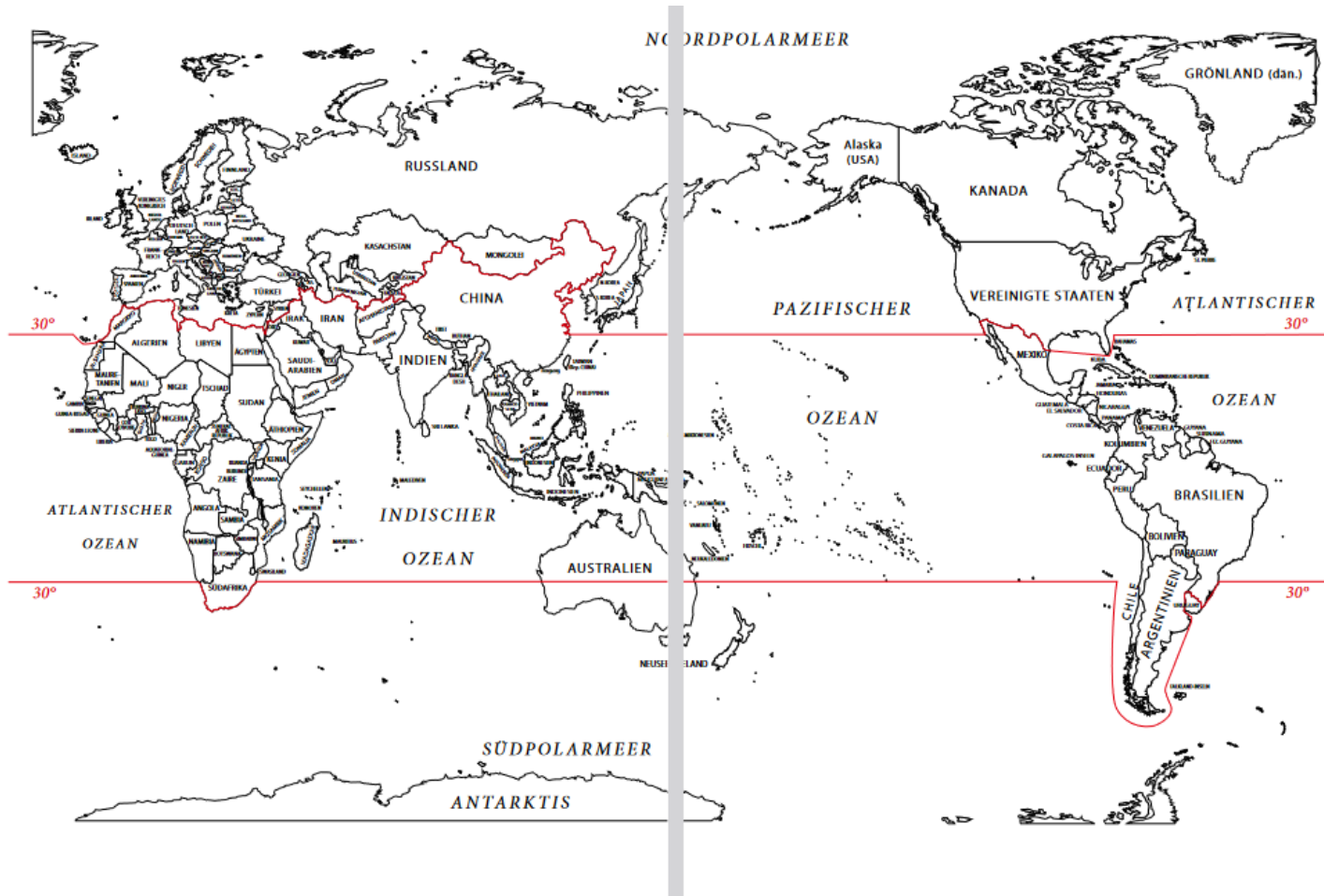
Helpline deutsch

https://www.kiss.kit.edu/downloads/0629_KIT_Helpline.pdf

Helpline englisch

https://www.kit.edu/downloads/0630_KIT_Helpline_eng.pdf

Mandatory health check according to the ArbMedVV (Occupational Precautionary ordinance): 'Working abroad under special climatic and health conditions' (G35)



- Particular risks of infection result from the risk assessment, e.g. endemic infectious diseases, inadequate hygienic conditions.
- Particular climatic stresses occur in the tropics, subtropics and polar regions. The tropics lie in the area between 23° 27' north and south latitude, the subtropics are in the area up to 30° north and 30° south latitude.
- Polar regions lie north or south of the respective Arctic Circle (66° 34').

Quellen

DGUV 240-350

DTG

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